Lafayette Lifestyles

A Treasure Chest of Activities for 55 Plus

FALL 2002

The Lafayette Senior Recreation Center and The City of Lafayette Senior Services Center have joined together to offer a variety of Recreation Activities. We hope you enjoy Lafayette Lifestyles!

Join Us For:
Travel, Trips & Tours, Classes, Holiday Events, Health Awareness, Movies, Workshops, Social Events

Confused about Long Term Care, Health Insurance, Medicare, HMOs, Supplemental Insurance?

Are you, like other seniors, concerned about your own health insurance coverage? Is it adequate? Are you over-insured or worse, under-protected? We offer personal/private consultation with volunteers from HICAP (Health Insurance Counseling and Advocacy Program). HICAP volunteers are well-trained in all of the complexities of senior health services and can offer you sound, practical advice. You have a full hour in which to discuss your problems and/or concerns.

If you are not as well-informed as you would like to be, don't be dismayed. Pick up the phone and call 284-5050 to schedule an appointment. All matters discussed are held in strict confidence.

Long Term Care Insurance

Appointments: 10 or 11 am
1st Wed. Monthly: 11/6, 12/4 • Alder Rm
Call 284-5050 for an appointment.

Health Insurance

Medicare, HMOs, Supplemental Insurance
Appointments:
10:00, 10:45 or 11:30 am
Alder Rm • 3rd Tues. Monthly:
10/15, 11/19, 12/17, 1/21
Call 284-5050 for an appointment.

Lafayette Senior Housing & Lafayette General Plan

The City General Plan is currently being updated and scheduled for adoption this year. The Lafayette Senior Services Commission has reviewed the housing chapter, especially the programs that address senior housing, and approved them as written.

The programs call for:

- Creating an inventory of vacant and/or underdeveloped residential land;
- Identifying a parcel of land suitable for senior housing and funded by a HUD 202 or similar program;
- Working with developers to facilitate obtaining funding and construction of senior housing on the identified site; and
- Creating a planned unit zoning district for senior housing.

If you would like to comment on these programs or other senior housing issues, please write the Lafayette Senior Services Commission, 500 Saint Mary's Rd. Lafayette CA 94549.

Anne Randolph Workshops

Anne Randolph, RPT, *has been practicing physical therapy since 1977. The majority of her work has been in the skilled nursing setting and in assisted living centers. Through her work she has noted that early intervention can provide understanding and control over very major medical problems resulting in increased independence and enjoyment of life. Currently, Anne provides outpatient therapy in Lafayette, specializing in the care of those 55 and over.*

Pain Management

Did you know there are more ways to control pain besides medication? Learn the purpose of pain and the causes of chronic pain. Learn how improving posture and muscle strength can reduce or eliminate pain altogether.

Friday, Oct. 25
10:00 am – Noon
Alder/Elderberry Room

The Art of Balance

Learn exercises to improve your balance and stop worrying about falling. Losing your balance is usually simply due to poor muscle strength, especially in your ankles. Feel confident walking on any surface.

Friday, Jan 24
10:00 am – Noon
Alder/Elderberry Room

All Anne Randolph's Workshops are FREE. Reservations are a Must. To do so, please call Yvonne at 284-5050.

Health Awareness

MEDICARE & YOU

Who Qualifies?

Medicare, the nation's largest health insurance program, covers over 38 million Americans at a cost of just under $200 billion. Medicare provides health insurance to people:

- who are at least 65 years old;
- who are disabled;
- with permanent kidney failure.

What are the Benefits?

- **Hospital Insurance (Part A)**
- **Medical Insurance (Part B)**

Medicare Part A helps pay for inpatient hospital services, skilled nursing facility services, home health services, and hospice care.

Medicare Part B helps pay for doctor services, outpatient hospital services, medical equipment and supplies, and other health services and supplies.

Where to Apply

People who are already getting Social Security or Railroad Retirement benefits are automatically enrolled when they become eligible for Medicare. Others must go to their local Social Security office and apply.

MEALS ON WHEELS

Who Receives Meals

For anyone who is unable to shop or cook, receiving a hot nutritious meal each day may mean the difference between independence in one's own home or moving to a care facility.

Meals are delivered each day around noon by friendly volunteers five days a week. Frozen weekend meals may be ordered which will be delivered along with Friday 's hot meal.

The cost of the meals varies according to a sliding scale based on income. Funds are sometimes available for severely limited budgets through the "Adopt a Client" program contributed to by donors.

Restricted diets are available.

WHAT IS HICAP?

HICAP, the Health Insurance Counseling and Advocacy Program, provides assistance with Medicare, Medigap, long term care, and other health insurance issues. They offer objective information to help seniors and other people on Medicare make good decisions about their health care coverage. To find your nearest agency, call HICAP at 1-800-434-0222.

Benefits of Using HICAP

- Registered by the California Department of Aging
- They do not sell any type of health insurance coverage
- They do not recommend or endorse any specific plan or policy
- All services are free of charge
- No hidden fees
- Non-biased information
- Beneficiary advocates

HICAP Can Help Beneficiaries

- Understand Medicare
- Compare private Medicare supplemental plans
- Review HMO or managed care options
- Organize doctor/hospital bills
- File medicare/private insurance claims
- Medicare appeals/challenge denials
- Government assistance programs

HICAP counseling services are provided by counselors registered by the California Department of Aging who are acting in good faith to provide information about health insurance policies and benefits to the client. This information shall not be construed to be legal advice, and the volunteer HICAP counselor is generally not liable for acts or omissions in providing counseling to recipients of this service.

(Welfare and Institutions Code, Section 9758(c), Chapter 869, Statutes of 1990).

FLU SHOTS

Tues, Nov. 5 • 9 –11:30 am • Alder Rm
Lafayette Community Center

Suggested Donation: $5.00 No one will be turned away if this donation cannot be met.

Social Events

▶ TEA DANCING

Enjoy the elegance of ballroom dancing. Singles and couples are invited to dance every Wed. to a great selection of recorded music. Great company, big band music, fun exercise and refreshments are all part of the package.

Wed: 1:00 – 3:30 pm
Lafayette Community Center
Live Oak Room • Admission: $2
Light Refreshments Served

▶ *Lafayette Senior Recreation Center presents:* MONTHLY BIRTHDAY LUNCH

Calling anyone 55+. Every month someone has a birthday, so come celebrate with us. We serve a delicious, catered lunch, complete with birthday cake and special reserved seating for the birthday honorees. The menu is different each month and there's live entertainment or a great speaker for your listening pleasure. To make reservations, call Esther Sprunger at 283-3704 one week prior to the 2nd Thursday of the month.

2nd Thursday of the Month
Noon • $5
Lafayette United Methodist Church
(Non-affiliated)

Workshops

Please call Yvonne at **284-5050** with questions or to make your appointments.

A.A.R.P. 55-Alive Defensive Driving

This mature driving class helps you refine existing skills, develop safe, defensive driving techniques and may help lower your insurance premium. Course also includes tips on accident prevention and how to avoid stress while driving.

Dates: Mon: 12/2 & Tues: 12/3
Time: 9:00 am – 1:00 pm
Place: Elderberry Rm, Laf Comm Ctr
Fee: $10.00 per person
(make check payable to AARP)

Before mailing check for this workshop, please call Yvonne at 284-5050 to determine if there is a vacancy.

Mail to: Yvonne Ozorio
Lafayette Community Center
500 St. Mary's Rd.
Lafayette, Ca 94549

Important: Class is limited to 30 **PAID reservations, on a first-come, first-served basis**. Calling to say you are interested does not mean you are registered. Classes fill up fast, so mail your check as soon as possible once vacancy has been established. No payment accepted at the class.

Special Information for the Homebound

Ray McFalone, Attorney at Law, makes house calls to the homebound for those in need of drawing up or changing wills, as well as drawing up trusts. For more detailed information and assistance, please call him at 925-939-4234.

Winter Festival & Boutique

Sat & Sun: 12/7 & 12/8
10:00 am – 4:00 pm
FREE Admission
Lafayette Community Center

THURSDAY WORKSHOPS

Registrations are required for ALL Workshops; please call Yvonne at 284-5050. You will automatically be registered and will be notified only if a class is cancelled.

Long Term Care

If you or a family member needed long term medical care or home care, where would you turn? This workshop gives a brief overview of options from private home care to nursing home care, as well as costs. Presented by Barbara Shuh, Member of the Lafayette Senior Services Commission.

Date: Thurs, 10/17
Time: 10:00 am – Noon
Place: Elderberry Rm, Laf Comm Ctr

Return Engagement – Family History Video!

Due to the last well-attended workshop and by popular demand, we are delighted to present a repeat of this "different" workshop by Ray McFalone.

Date: Thurs, 11/7
Time: 10:00 am – Noon
Place: Elderberry Rm, Laf Comm Ctr

Services

Senior Information & Referral: 335-8720 or 1-800-510-2020

Free Legal Assistance for the Elderly
10:00 am – Noon • Alder Room
1st Fri. Monthly: 11/1, 12/6, 1/3
Details/Appointment: 284-5050

County Connection Link:
A door-to-door, dial-a-ride service in central Contra Costa County: **938-7433**

Nov – Dec Fall Classes

To register, stop by the Lafayette Community Center / Senior Services Center or, phone in your VISA or MasterCard. Call **284-2232**, Monday-Friday from 9:00 am to 5:00 pm.
NOTE: Some classes began in Sept. call for more information

Lafayette Comm. Ctr. Offices Closed: 11/11, 11/28-29, 12/24-25, 1/1/03

▶ HEART SHAPERS

A low impact exercise program for men and women over 55.

Mon, Wed & Fri
Thru Dec 13 • 9:05 – 10:05 am
Manzanita Room, Laf Comm Ctr

▶ MUSCLE SHAPERS

Muscle toning with light weights for men and women over 55. Bring a mat and 2 pairs of hand weights. Men: 5 & 8 lb. sets. Women: 3 & 5 lb sets.

Mon & Wed • 10:15 – 11:15 am
Thru Dec 11
Manzanita Room, Laf Comm Ctr

▶ COLORED PENCIL TECHNIQUE

Learn to render realistic textures and obtain rich colors by exploring fundamentals. Also covered: drawing, perspective concepts and color theory. Beginners to Intermediates.

Wed • 1:00 – 3:30 pm
Nov 13 – Dec 18
Seniors: $25 • Under 55: $45
Instr: Bobby Preddy Schleimer
Elderberry Room, Laf Comm Ctr

▶ COUNTRY WESTERN LINE DANCING

A great way to have fun and exercise without a partner.

Thursdays • Ongoing
10:30 am – Noon • $4/class
Live Oak Room, Laf Comm Ctr

Upcoming Lafayette Senior Services Commission meetings: 10 am on 11/13/02 & 1/22/03 in the Alder Room at the Lafayette Community Center. Meetings are open to the public.

Travel

Great, Fun Outings with Dottie Baker...

Reno Hilton

❖ Oct. 29 & 30, 2002 ❖
$73/person

Reno overnight stay at the Reno Hilton with Dinner and Breakfast. A stop at John Ascuaga's Nugget Casino in Sparks & Downtown Reno before our return trip home.

A Day at the Races

Nov. 6, 2002 ❖ Golden Gate Fields ❖ $48/person

Seating in the Turf Club for Thoroughbred Racing at its finest. Lavish Hosted Buffet Luncheon at the Turf Club and Official Racing Program.

Beach Blanket Babylon

❖ Day Trip (Date: TBA) ❖

Dinner before the Show and First Floor seats for the Show.

Our trips fill up fast, so we encourage you to make your reservation(s) as soon as possible. Deposit is required at that time.

For all trip information and/or reservations, call Dottie at 254-3271.

Movies

Lafayette Senior Services Center
Alder Room • 500 St. Mary's Road
Showtime: 1:00 pm • FREE

First THURSDAY Monthly

11/7 QUIGLEY DOWN UNDER
Tom Selleck, Alan Rickman, Laura San Giacomo

12/5 THE CHRISTMAS LIST
Mimi Rogers, Rod Stewart

Third FRIDAY Monthly

10/18 HARDBALL
Keanu Reeves, Diane Lane, John Hawkes

11/15 THE MAJESTIC
Jim Carrey, Martin Landau

12/20 CAPTAIN CORELLI'S MANDOLIN
Nicholas Cage, Penelope Cruz, John Hurt, Christian Bale, Irene Papas

Movies subject to change without notice.
Light Refreshments Served
PLEASE call 284-5050 to reserve seating.

FLU SHOTS

Tuesday, Nov. 5
9 –11:30 am • Alder Room
Lafayette Community Center

Pneumonia and Tetanus/ Diphtheria Immunizations are also available for $10 each. The pneumonia fee may be waived if you have Medicare, Part B and do not belong to an HMO.

Suggested Donation: $5.00
No one will be turned away if this donation cannot be met.

▶ LAFAYETTE SENIOR RECREATION CTR • Dottie Baker: 925-254-3271

United Methodist Church, 955 Moraga Rd. (non-affiliated)

Open 2nd and 4th Thursday from 10:00 am – 3:00 pm, the Center offers monthly programs, a variety of trips and year-round events for anyone age 55+. Activities include a full catered birthday lunch on the 2nd Thursday ($5). A light catered lunch on the 4th Thursday of each month with Bridge and Bingo ($1). Annual membership dues are $6 and entitle you to a monthly newsletter that showcases upcoming programs & excursions.

▶ LAFAYETTE SENIOR SERVICES CENTER

500 St. Mary's Rd., Alder Room • Yvonne Ozorio: 925-284-5050

The Lafayette Senior Services Center offers a superb atmosphere for seminars and workshops, health and legal counseling, bridge games, movies and a variety of classes. Ample parking and County Connection bus service is available. The Center is managed by Yvonne Ozorio who welcomes visitors with a cup of coffee, tea or chocolate, and describes the variety of programs and services offered by the Center. Regular office hours vary depending upon the events of the day. It's best to call before dropping by. The best time to reach Yvonne is Monday – Friday, 9:00 am – 1:00 pm.

Lafayette Senior Services Center
500 St. Mary's Rd.
Lafayette, CA 94549

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